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## Family to Family graduates new classes



### NAMI Family-to-Family Education Program



NAMI programs continue to make a difference in the lives of families living with a loved one with mental illness. One of our signature programs, Family to Family, graduated two classes this spring—one in Rome/one in Dalton. Family to Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. A recent Family to Family attendee said, “Frances and Jearel Helton did an outstanding job with their knowledge and great leadership style to make the material easy to understand.” When asked about the changes made as a result of taking Family to Family, an attendee said she learned to listen more. Know someone who could benefit from the class? Registration is now open for the next class. Call (706) 506-5010 or email [namirome@gmail.com](mailto:namirome@gmail.com) for more information or to sign up.

## NAMI Rome Peer-to-Peer class Winter 2017



NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach. Pictures here are participants from winter 2017. Call (706) 506-5010 or email [namirome@gmail.com](mailto:namirome@gmail.com) to register for the next class.

Charlotte Jones and Delores Nowell are great teachers. They are the bookends in the picture.

# NAMI Walk recognition and information meeting launches the 2017 walk



Though its months away, plans are already underway for NAMIWalks 2017. The Walk logo is sporty! We'll walk on Saturday, Nov. 4 again at Heritage Park. Visit [www.namiwalks.org/rome](http://www.namiwalks.org/rome). Sponsors of NAMIWalks 2016 were honored April 18 for their support at the Walk Recognition and Informational Meeting. Sponsors at/above \$1000 received a plaque from NAMI Georgia to convey appreciation for their support. Thanks Highland Rivers Health (\$2500), Better Home Health Care (\$2500), Peach State Health Plan (\$1500), and Scott Logistics (\$1000)[NOT SHOWN]



Thirtythree mental health champions learned about the upcoming walk while enjoying lunch. Many agreed to help in one of four work areas: Sponsorship, Walker and Team Building, Kick Off Event, and Walk Day. It's not too late to roll your sleeves up and help us make the 2017 our best ever. There are great gifts for top fund raisers who are registered online. Check them out at [www.namiwalks.org/rome](http://www.namiwalks.org/rome) (Under "RAISE FUNDS, EARN A GIFT" tab).

## Great News!

NAMI Rome board member Jamie Griffin was recently awarded a certificate of recognition for being named one of the outstanding volunteers at the Council on Volunteer Administrators (COVA) luncheon.



## Board members advocate at AKA event



NAMI Rome board president Bonnie Moore and board member Monica Burge spoke at a mental

health seminar sponsored by Alpha Kappa Alpha Sorority Inc. in Cedartown in April. The event brought together mental health professionals and advocates and also included a book drive that collected dozens of books related to mental illness. AKA and NAMI are partnered to increase awareness in the African American community.

## Changes to monthly meetings

Your board of directors has noticed a decline in attendance at our monthly educational meetings. This year we'll have quarterly events. Our Rome Family Support Group and Connection Recovery Support Group will meet on the fourth Mondays. Check [www.namirome.org](http://www.namirome.org) "Calendar" page for quarterly meeting information.

## Seeking volunteers

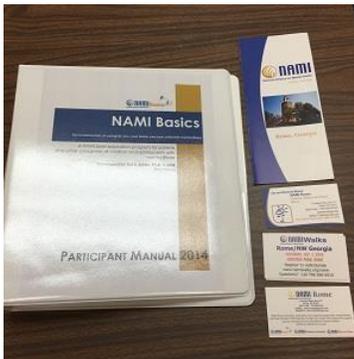
We are able to offer NAMI's free educational and support programs because of having great volunteers who often have been helped by NAMI and want to pass it forward. However, it's natural for volunteers to work a season or two before giving up the baton. Therefore, it's necessary to have a pool of trained volunteers on hand. NAMI Georgia trains teachers and facilitators in typically a weekend session in Atlanta. Our needs are Connection Support Group facilitators from Rome and Dalton, In Our Own Voice presenters, and Family-to-Family teachers from Rome and Dalton. We are happy to discuss this with you and outline the process of becoming trained. Call NAMI Rome 706-506-5010 or email [mailto:namirome@gmail.com?subject=NAMI Rome Volunteer Information](mailto:namirome@gmail.com?subject=NAMI%20Rome%20Volunteer%20Information).

## Beat the dues increase

When you join NAMI you become a member at three levels: local affiliate, state, and national. The annual cost is divided among them. National sets the dues, which will increase on July 1. Here is the rate schedule:

|  |           |           |
|--|-----------|-----------|
| Open Door Membership (Financially based)             | Old--\$3  | New--\$5  |
| Individual Membership                                | Old--\$35 | New--\$40 |
| <a href="#">Household Membership</a> (Read about it) | N/A       | New--\$60 |

## Helping parents of children and teens



**Basics—6 week course for adults whose child/adolescent is exhibiting behavioral or emotional issues. It just might be a childhood mental illness—ADHD, OCD, Bipolar, Anxiety to list a few. It's proven that early intervention leads to a much better outcome.**



**Next class starts on June 11**

Rhonda Van Winkle recently completed training to be a Basics teacher. She's ready to go! Click on the logo to read about Basics. The next class begins June 11. This free course addresses childhood mental health disorders and will meet on Saturday afternoons in Rome. Contact NAMI Rome at 706-506-5010 or email at [namiomega@gmail.com](mailto:namiomega@gmail.com) for more information and registration.

## Supporting others



NAMI's support groups are open to adults with a mental illness (Connection) and adults who have a friend or family member with a mental illness (FSG). They meet in Rome on Mondays from 6-7:30 PM at 1<sup>st</sup> United Methodist Church, 202 E. 3<sup>rd</sup> Ave. The Dalton FSG meets on the first Tuesday from 6-7:30 PM at Crosspointe Christian Centre, 2681 Underwood St.

NAMI Rome has partnered with Westcott Behavioral Health Services, an arm of Hamilton Health Care System, in Dalton with the goal to introduce NAMI's programs to its patients and caregivers. Presently, a small group of NAMI volunteers meets weekly with families of individuals in Westcott's inpatient unit. Ultimately, we want to increase the offerings of FSG meetings and restart Connection meetings in Dalton. First, we must grow the pool of volunteers in the Dalton area. Read "Seeking volunteers" section to see how you can help.



NAMI Georgia created a 2-day class that is a primer to CIT: Introduction to Behavioral Health and Addictive Diseases. Bonnie Moore taught the class in Rome on April 24-25 and will teach it again on May 22-23.

A 5-day CIT class in Cedartown, July 10-14 and Rome, July 24-28

Contact Bonnie Moore, 706-506-8314, if you are interested in learning how to host CIT classes.

**CRISIS HOTLINE** - 24 hour Georgia Crisis and Access Line, operated by Behavioral Health Link and sponsored by the state:  
1-800-715-4225

**WARM LINE** - 24 hour state-funded, consumer-directed resource for anyone struggling with mental health issues:  
1-888-945-1414

**NAMI** -NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

**NAMI Rome** is your local affiliate of the national organization. Please contact, visit or join us in our effort to erase the stigma surrounding mental illness.

## JOIN NAMI TODAY!

Your membership supports NAMI with its work improving the lives of persons with mental illness.

Joining NAMI Rome automatically enrolls you in NAMI Georgia and NAMI.

### ANNUAL DUES

|                  |         |
|------------------|---------|
| Regular Member   | \$35.00 |
| Open Door Member | \$3.00  |

To Join On line - [click here](#)  
or

Print out a [Membership Form](#) and mail or bring to a meeting with cash or check.

## NAMI Rome Info Corner

### NAMI Rome Board of Directors

|                 |  |
|-----------------|--|
| President:      | Bonnie Moore   |
| Vice President: | Ansley Silvers   |
| Secretary:      | Katie Wathen   |
| Treasurer:      | Joel Pierce  |
| Members:        | Monica Burge<br>Jamie Griffin<br>Marta Turner<br>Evan King<br>Dr. Smita Varshney |

As a non-profit corporation (501c3), NAMI Rome complies with US and Georgia statutes. Contributions may qualify as a charitable deduction for federal income tax purposes. Donors should consult with their tax advisors or the IRS to determine whether a contribution is deductible. That being said, NAMI Rome is able to accomplish its mission through kind contributions from the community.

NAMI Rome may be contacted at:  
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